



**FPT International School**

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# **PROJECT REPORT**

## **HTML5 – TRIM GYM**

**Course / Module : Project S1**

**Batch: T1804E**

**Semester: 1**

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**Hanoi - 10/2018**

## Table of Contents

1.	Problem Definition .....	3
i.	Introduction .....	3
ii.	Implementation Environment .....	4
	User Stories .....	5
	User type (Example: Customer) .....	5
	Story 1 : View .....	5
	Besides, customers can: .....	5
	- Learn the exercises to increase the muscles of the chest, muscles, ... ..	5
	Story 2: Feedback , try register .....	5
	- Customers can report, feedback on the quality of service, the quality of training conditions and all related .....	5
2.	View model .....	5
	.....	5
3.	UI\UX .....	6
3.1	UI 1 - HOME .....	6
3.2	UI 2 – ABOUT US .....	8
3.3	UI 3 – CLUB .....	10
3.4	UI 4 - TRAINER .....	13
3.5	UI 5 – SCHEDULE .....	15
3.6	UI 6 – LIBRARY .....	17
3.7	UX 7 – CONTACT US .....	24
3.8	UX 8 – TRY REGISTER .....	25
3.9	UX 9 – FEEDBACK .....	26
3.10	UI 10 – RECRUITMENT .....	27
3.11	UI 11 – HOW TO USE .....	29
3.12	UI 12 – PRIVACY POLICY .....	30
4.	Summary .....	31

### 1. Problem Definition

#### i. Introduction

In 1983, TRIM-GYM became the first and largest international fitness company in America. With the mission of "Make Life Better", TRIM-GYM is not just like normal gym. This is the heart of dynamic lifestyle, to inspire, bring joyful fun as well as new vitality for the community.

This is where convergence of exercise, fashion and entertainment in a healthy environment, full of energy. From music and light to modern equipment and world-class coaches, every detail is meticulously prepared to provide a positive and positive experience. Best for customers. The success of TRIM-GYM is linked to the vision and leadership of its founder and CEO, Randy G. Dobson. Randy has blown his passionate company of life and entertainment, which has revolutionized the way fitness is practiced throughout Europe.

The members of TRIM-GYM's senior management team have been extremely important to the development of some of the top fitness brands, such as 24 Hour Fitness, California Fitness, Jackie Chan Sport, UFC Gyms, Crunch Fitness, and Les Mills.

With a combined board of over 30 years of experience in dozens of different countries, TRIM-GYM has owned and is one of the most experienced and professional leaders in the fitness industry. This is also the main reason TRIM-GYM is loyal and consistent in implementing the brand's commitment to make life better.

Trim-Gym is 35 years old fitness centre. Fitness fads come and go, and we have learned what is classic and has longevity: a commitment to serving others. We have decided to come up with our website. It will provide all information about us to our clients and fitness freak people.

A website needs to be designed to details of various locations of our fitness centres, types of services we offer and various instruments available with us.

The website is to be developed for the Windows Platform using HTML5, JavaScript and Geolocation. The site should work well in all leading browsers including Chrome, IE, Firefox etc.

### Requirement Specification:

TRIM-Gym site is to be created based on the following requirements.

- 1) The Home Page should be created with a suitable logo, the header section can be added which will show various fitness images.
- 2) The site must contain the links to navigate through various fitness therapy.
- 3) Site should have different section for Men and Women and display fitness programs accordingly.
- 4) Various exercises must be categorized like (Cardio, Muscle, ABS, Arms etc.)
- 5) Details and Guidelines should be provided for each type of workout/exercise.
- 6) Website should provide section for various Nutrition plans offered in the Gym.
- 7) Training Cost should be provided for various plans offered.

- 8) Website should provide list of all branches with proper address and location map.
- 9) Gallery section should be added for viewing different images.
- 10) Feedback must be allowed to enter by the viewer
- 11) Site map, Gallery, about us, Queries link.
- 12) There should be a “Contact Us” page which will have the Address of the Company which should be displayed using GeoLocation API (eg. GoogleMaps) and the email address which when clicked will invoke the local mail client from where they can send an email.
- 13) The complete description must be allowed to get download as pdf or doc file.
- 14) The advertise section with various facilities provided should be mentioned.

### ii. Implementation Environment

- HTML5
- CSS
- BOOTSTRAP
- JS
- JQUERY
- ANGULARJS
- NODEJS
- PHOTOSHOP

## User Stories

### User type (Example: Customer)

#### Story 1 : View

Users can search:

- Trainer information
- Course information
- The nearest club

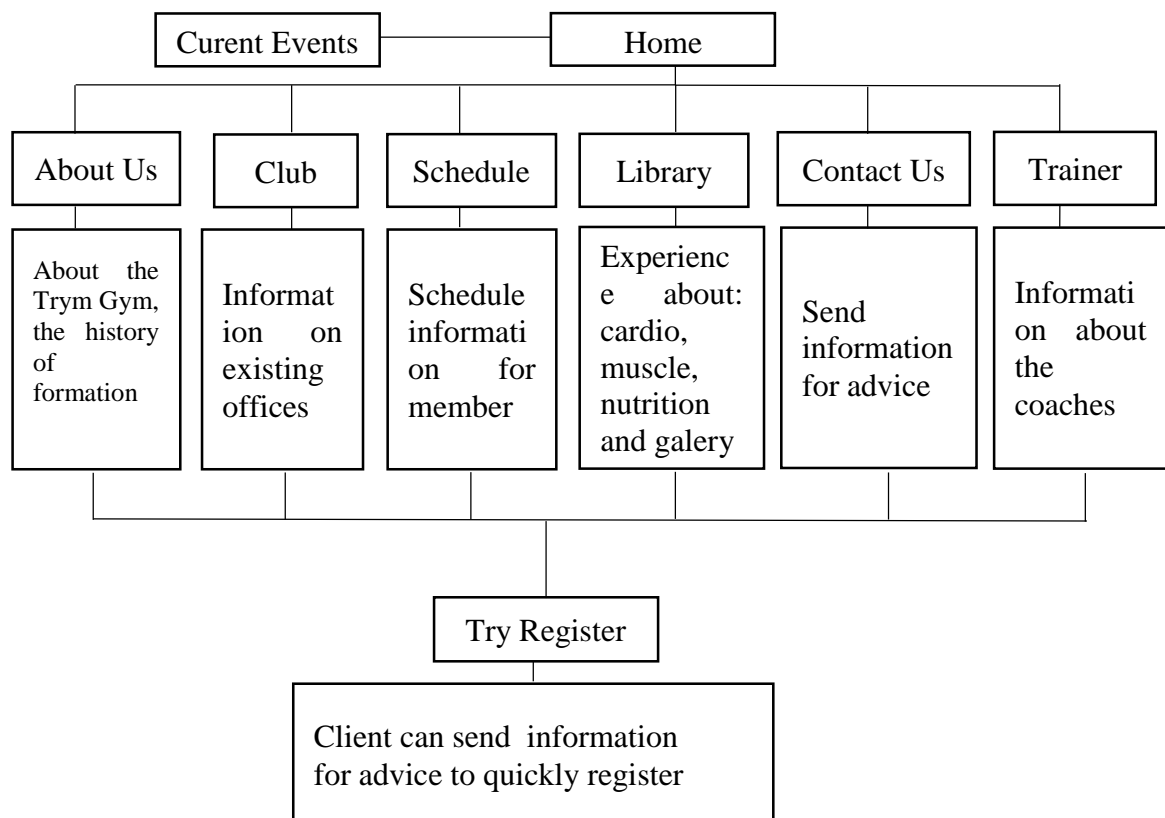
Besides, customers can:

- Learn the exercises to increase the muscles of the chest, muscles,...
- Route set
- Nutrition to have a perfect body

#### Story 2: Feedback , try register

- Customers can report, feedback on the quality of service, the quality of training conditions and all related
- Customers can try register to free training 1 day.

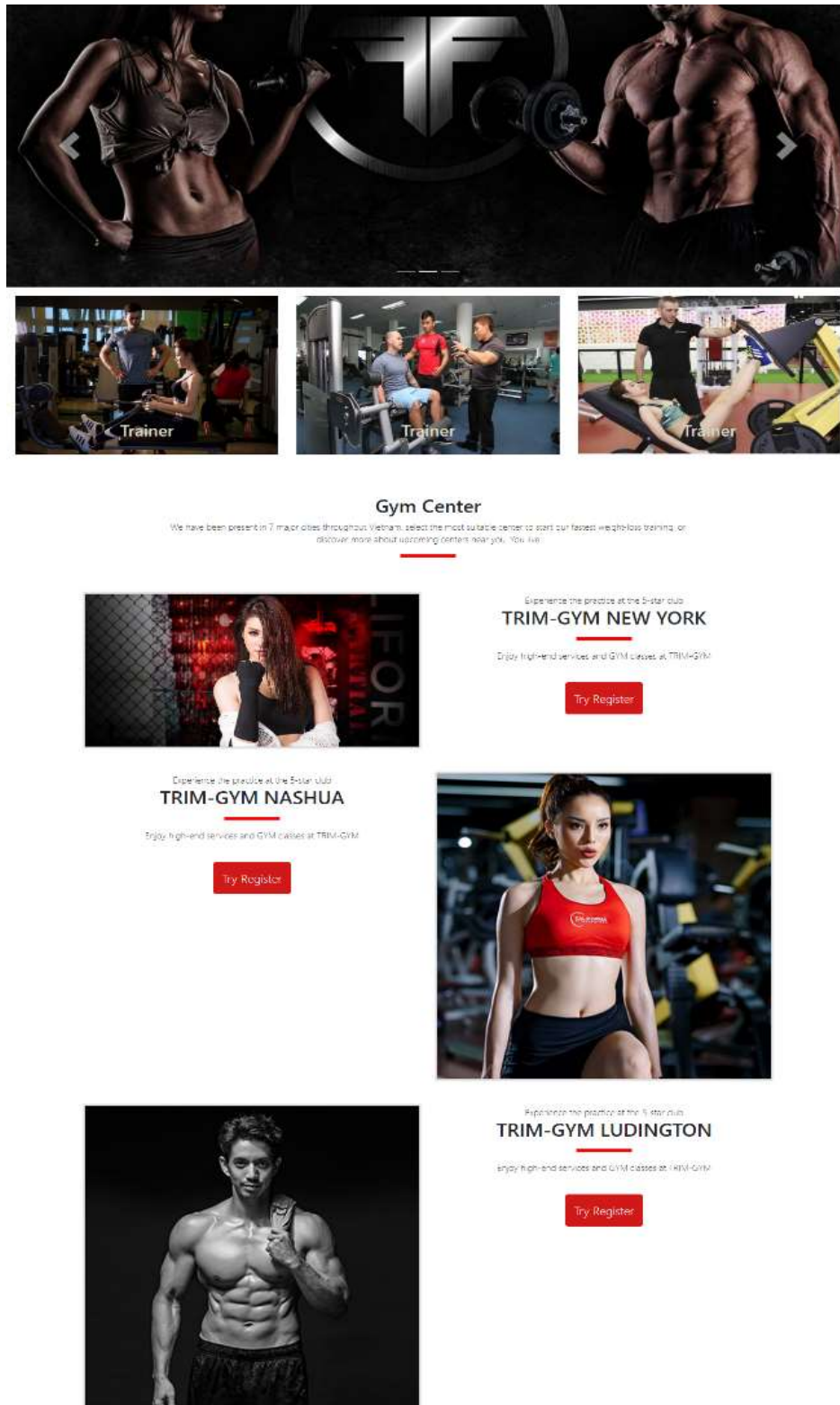
## 2. View model



### 3. UI\UX

#### 3.1 UI 1 - HOME

##### Example 1: Home



### Meet the top fitness experts

Whether you love yoga, passion for dance, or extreme MMA, you will always be guided by top experts.



#### AL MORGAN

Personal trainer

- Certified from the National Institute of Sports Medicine (NASM) USA
- 10 years of sports training in the United States, Germany, Hong Kong, Malaysia, Singapore, and now Vietnam at California Fitness & Yoga Centers
- Train for many top stars.



#### MINT

Personal trainer

- Lifelong dedication from world renowned Fitness company Les Mills
- Mint Nguyen has been a passionate and passionate member of GroupX classes for over 7 years at California Fitness & Yoga Centers
- Train for many top stars.



#### ISIDI

Fitness expert

- NASM Sports Certificate United States
- 20+ years of experience in fitness, direct training for many stars.



#### LINH TA

Personal trainer

- Three international coaches Lesmill, Kettle Bell, Kravie, Taekwondo, 10 years of training, performance international, coach competition.



**Ky Duyen**  
Miss



**Pham Huong**  
Miss



**Randy Dobson**  
Chairman & CEO



**Vu Cat Tuong**  
Singer



**Diem My**  
Cast



**Huong Giang**  
Model

#### LINK

- Recruitment
- Feedback
- How to Use
- Privacy Policy

#### Base No.1

Address: 18 Orange St, Nashua, NH 03063, USA  
Phone: 1504657398

#### Base No.2

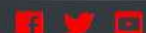
Address: 5500 W. 24th, US-10, Ludington, MI 49431, USA  
Phone: 987654321

#### Base No.3

Address: 228 Park Ave, New York, NY 10017, USA  
Phone: 110857461

#### Hot Line

**1800-1666**

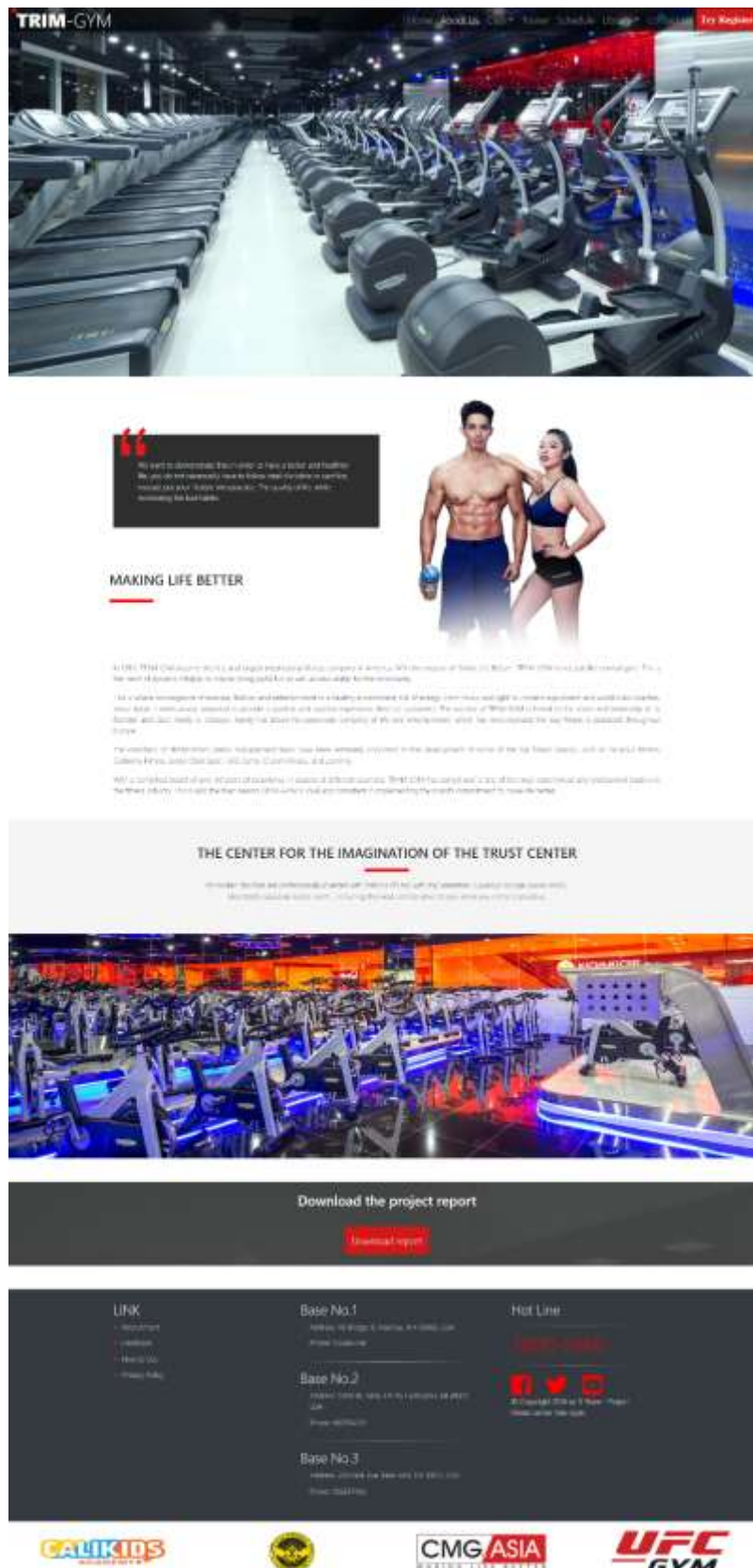


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## 3.2 UI 2 – ABOUT US

### Example 1: ABOUT US





Example 2: Download Report to know all about this website.


### 3.3 UI 3 – CLUB

### Example 1 : NASHUA





### Example 3 : NEW YORK



**TRYM-GYM**


Experience the practice at the 5-star club  
**TRYM-GYM New York**

Join the fitness revolution and experience the best of both worlds


[Try Program](#)

**INTRODUCTION TO CLUB  
IN New York CITY**

TRYM-GYM is the first and only gym in New York City to offer a complete fitness solution. With a focus on the latest fitness trends and a commitment to excellence, TRYM-GYM is the only gym in New York City to offer a complete fitness solution.




As a member of **TRYM-GYM New York**, you will receive:




**2 training sessions with 1 expert**

Train with a personal trainer who is a certified personal trainer and a member of the International Fitness Association (IFA).



**Join many classes**

Join a variety of fitness classes including cardio, strength, and group fitness. All classes are led by experienced instructors.




**Consultation on health care**

Consult with a personal trainer who is a certified personal trainer and a member of the International Fitness Association (IFA).

**EXPERIMENTAL EXPERIENCE WITH 5 STAR COMPOSITION BASIS**

The gym is a 5-star rated gym and is the only gym in New York City to offer a complete fitness solution. With a focus on the latest fitness trends and a commitment to excellence, TRYM-GYM is the only gym in New York City to offer a complete fitness solution.

**Location:** 1234 5th Ave, New York, NY 10011, USA  
**Phone:** (212) 123-4567



**LINK**

- Home
- About
- Services
- FAQ
- Contact

**Base No.1**

Address: 1234 5th Ave, New York, NY 10011, USA  
Phone: (212) 123-4567

**Base No.2**

Address: 1234 5th Ave, New York, NY 10011, USA  
Phone: (212) 123-4567


**Base No.3**

Address: 1234 5th Ave, New York, NY 10011, USA  
Phone: (212) 123-4567

**Hot Line**

**1000 1000**

Follow us on social media: Facebook, Twitter, Instagram, YouTube





### 3.4 UI 4 - TRAINER

#### Example 1: TRAINER



#### Coaches will help you achieve better results

Exercise with a fitness trainer will be much better than having to do it alone, this is a proven system to motivate your life and ensure you achieve the highest results of the chapter summit episodes.

Personal fitness trainer reviews your body mass index and identifies what you need to restore your fitness and improve your quality of life and health.

Our system is designed to fit into your busy routine, helping you achieve the best results after every session.

#### Meet the top fitness experts



##### AL MORGAN

###### Personal trainer

- Certified from the National Institute of Sport Medicine (NASM) USA
- 25 years of sports training in the United States, Germany, Hong Kong, Malaysia, Singapore, and now Vietnam at TRIM-GYM Centers
- Train for many top stars



##### TIEU PHUONG

###### Personal trainer

- Experience 7 years professional training methods of weight loss. The best of the 2009 Bodybuilding Contest 2010



##### ISIDI

###### Personal trainer

- NASM Sports Certificate United States
- More than 8 years of bodybuilding experience, direct training for many stars



##### LINH TA

###### Personal trainer

- Three international coaches (Israel, Helle Bell, Master Techno) 20 years of training, performance, international sports competition



##### MINT

###### Personal trainer

- Certificate certificate from the group list of the Jet Mills
- Mint Nguyen has been a passionate and passionate trainer of GroupX classes for over 7 years at TRIM-GYM Centers



##### HUY DONG

###### Personal trainer

- Trained and certified by Master Nguyen The Thanh Tung - Master of Fitness International Sports Training Association (ISSA)
- Certified 6 month training courses by the company to train and provide personal trainer VIRTUALKEY

### You want to lose weight

Abdominal or perfect body, we can help you

#### Exercise program 1 with 1

Will help you achieve your dream body more easily

Certified by the NASM Sport & Fitness program from the United States, the Personal Fitness Coach will fully equip you with nutrition advice, tailored exercises specifically for men.

This exercise program combines exercise into a busy lifestyle so you get better faster results.



### Celebrity workout



#### Join practice program of Diem My

Join the training with Al Morgan, who helped Diem My possess a sexy body. Diem My trained six weeks each time with her personal trainer to maintain her body measurements.

#### Miss Universe 2015 Pham Huong

Pham Huong lost her body in the Miss Universe 2015 by practicing well with famous coach John Shoren. The perfect combination of cardiovascular and cardiovascular exercises helps the body maintain excellent measurements.





#### Energetic and energetic like Ho Vinh Khoa

We have years of experience in bodybuilding and science to help you achieve a healthy, attractive appearance. Whether you increase your muscles or the volume of the six segments, our coaches will quickly achieve their goal.

#### LINK

- Recruitment
- Feedback
- How to Use
- Privacy Policy

#### Base No.1

Address: 18 Bridge St, Hanoi, HN, 03060, USA  
Phone: 132465796

#### Base No.2

Address: 5500 W 2456, US-10, Ludington, MI 49431, USA  
Phone: 1807614101

#### Base No.3

Address: 228 Park Ave, New York, NY 10027, USA  
Phone: 102817461

#### Hot Line

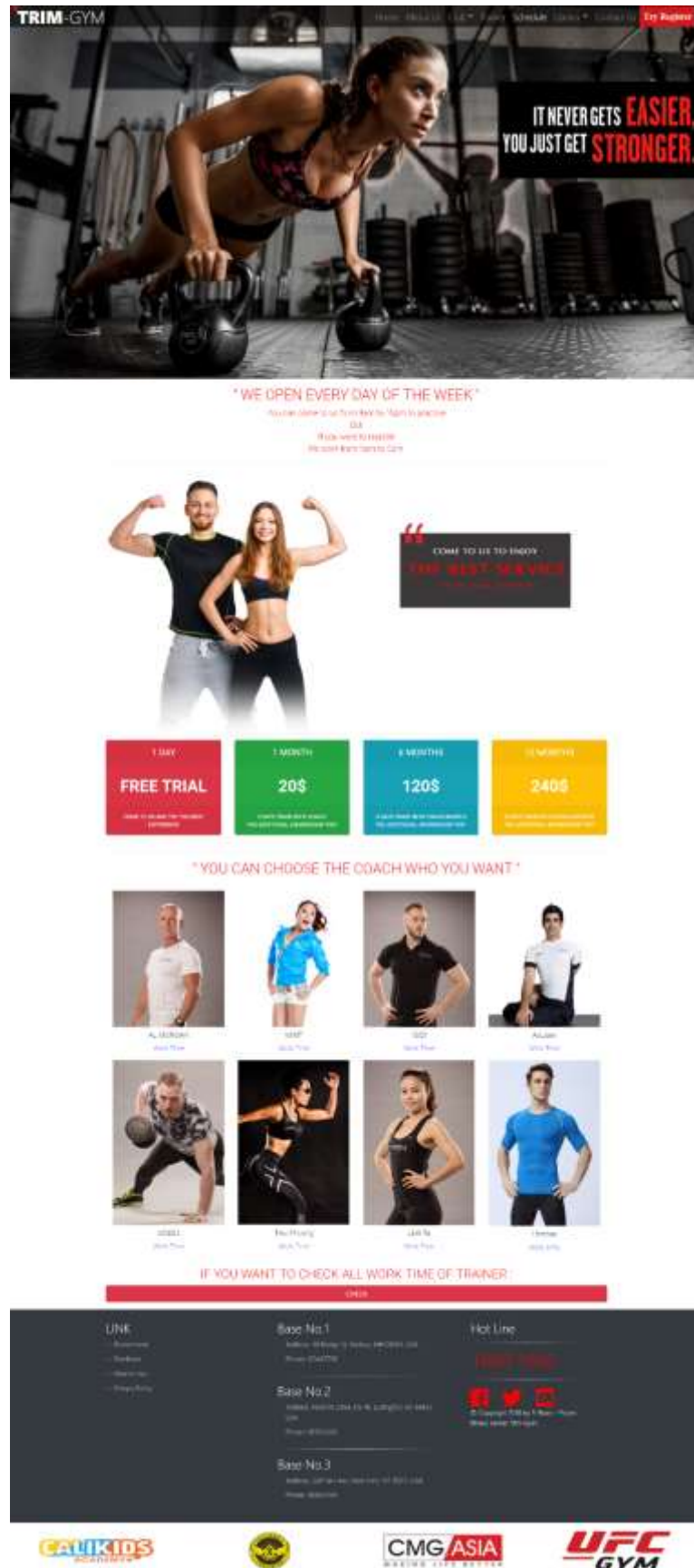
1800-1666



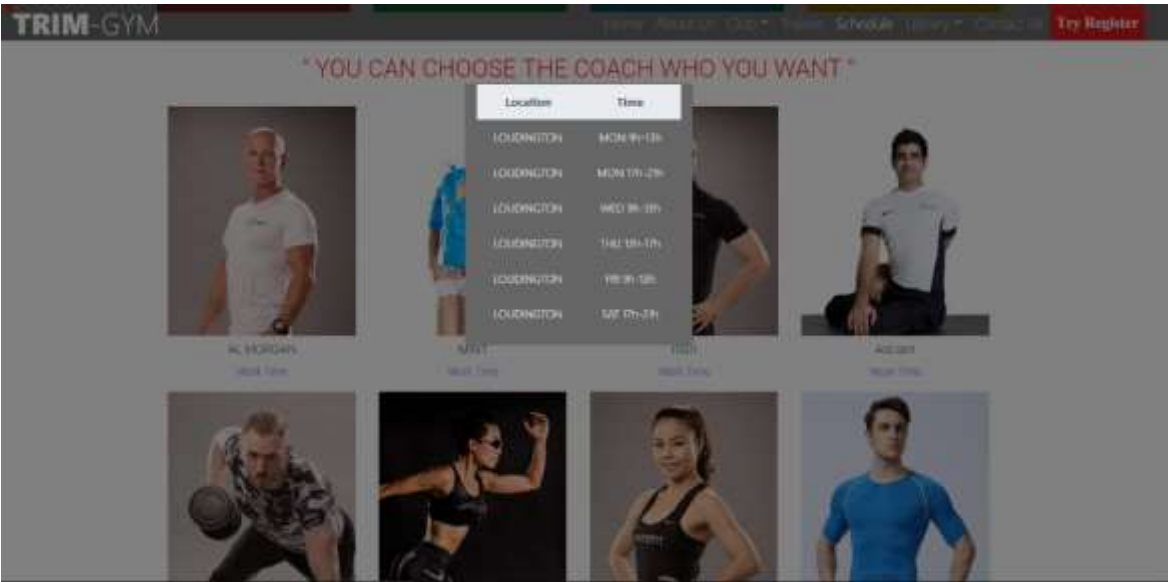
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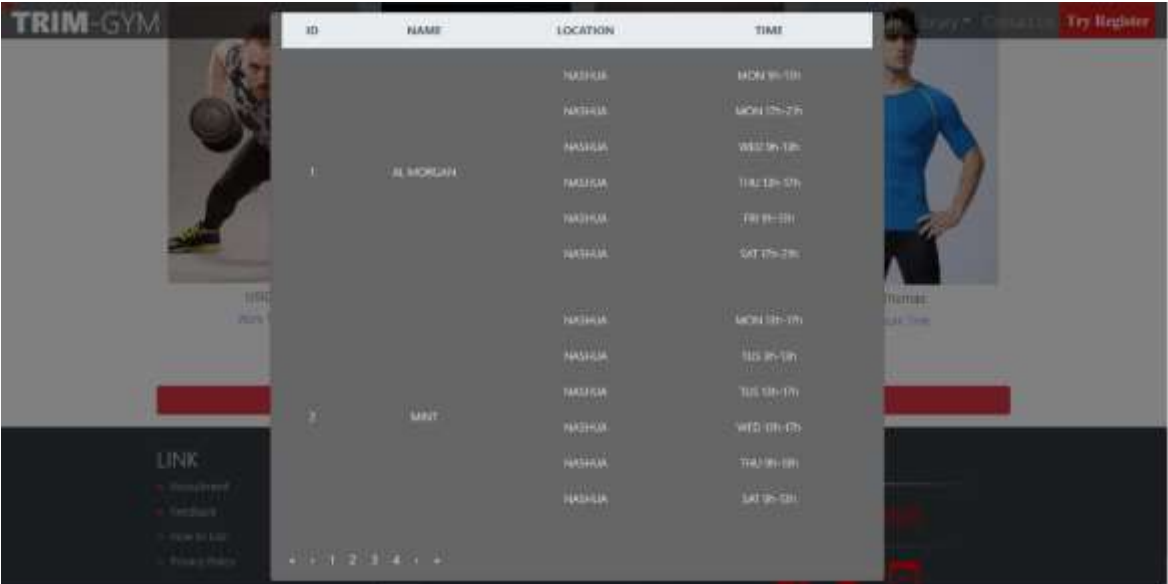
### 3.5 UI 5 – SCHEDULE



Example 1: Click to Work time to see trainer’s schedule.



Example 2: Click to Check to see all trainer’s schedule.





### 3.6 UI 6 – LIBRARY

#### Example 1: CARDIO



#### CARDIO?

##### Benefits of exercising Cardio

- Capturing Cardio regularly gives you many benefits including:
- Improves cardiovascular health, improves endurance for the body.
- Burn calories effectively, bringing the ability to lose weight super speed in a month.
- For elderly people Cardio will improve health, fight some diseases of the elderly.
- Reduce body fat, body firmity



##### Damage when abusing Cardio

The use of cardio overload brings you quite a lot of harm such as:

- Muscle loss: excessive cardio exercise will cause weight loss while also reducing muscle by the body. Not enough nutrients, muscles will be exhausted all day muscle.
- Heart problems: too much exercise causes the heart to get tired for a long time, causing heart attacks, arrhythmias.
- Sleep Disorder: Cardio therapy causes high levels of Adrenaline that make it difficult to sleep.
- Fatigue: Excessive energy consumption causes you to no longer have the energy to do other tasks.
- Weight Loss: Cardio is an effective weight loss exercise but when exercising too much it causes other problems such as metabolic disorders make the body lose weight anymore.

##### Tips to Eat Cardio Effectively

- The total amount of time you exercise for a week is only 30% of the total time you exercise (including hours) other sports.
- With High Cardio: It should be about 20 minutes.
- With low intensity Cardio: 30-40 minutes.
- This time is enough for you to bring the most effective for the body then, Days of Cardio training. No need to do more exercises.

##### What is high intensity cardio?

High intensity cardio is also suggested as HIIT, the use of HIIT is very calorie burning. Paralysis can continue to work after 24 hours of discontinuation. Even if you only practice 20 minutes, if you practice correctly, calories burned are a lot.





Cardio to burn calories and fat

### What is low intensity cardio?

Low intensity cardio or LISS. Exercise in a short time will help the body recover. Longer periods of time support calorie burning. Exercising LISS does not burn calories after practice so you need to have a long practice time of 30-60 minutes.

So be safe and effective for you. Then you should practice morning LISS to burn fat well. More and the afternoon HIIT for not eating that exercise will cause exhaustion.

### Do cardio have to maintain diet?

Cardio is to burn fat, burn calories, but if you still eat and drink, the practice will not bring results because eating up to 70% of the results you lose weight or not. You still need to maintain your diet.



Want to lose weight, it must be combined with diet when exercising Cardio

### How many times a week should I practice Cardio?

- This also requires you to practice in the form of HIIT or LISS and your purpose.
- If you choose LISS: This type can be continuous or 5-6 sessions per week.
- If you choose HIIT: Do not practice more than 3 days per week and should practice the day.
- If you do not practice Gym: Then we will combine HIIT on Monday 4-6 and LISS on 3-5-7.
- If you have bodybuilding: Then you can see 2-4-6 bodybuilding and 3-5-5 LISS.
- **Notes:** If you are following a Strength lesson, you should not practice HIIT, as it will affect your results.

**Chưa hiểu đúng về ĐẶC NHÂN TÂM**

**MUA NGAY**

Ts. Lê Thẩm Dương

**Soap Dispenser**  
Hộp đựng dầu gội - sữa tắm  
Giá chỉ **89.000Đ**  
Hotline 0989.555.353

#### LINK

- Recruitment
- Feedback
- How to Use
- Privacy Policy

#### Base No.1

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Phone: 132465798

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Address: 5500 W, 2456, US-10, Ludington, MI 49431, USA  
Phone: 987654321

#### Base No.3

Address: 228 Park Ave, New York, NY 10017, USA  
Phone: 192837465

#### Hot Line

**1800-1666**



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## Standing Dumbbell Lateral Raise



Standing Dumbbell Lateral Raise

- An exercise for the middle deltoid. It works the lateral deltoid muscle.
- Standing with feet shoulder-width apart, hold the dumbbells at the sides. The dumbbells should be held in a neutral grip, with the palms facing each other.
- Keeping the upper arm close to the body, lift the dumbbells out to the sides, parallel to the floor.
- Slowly lower the dumbbells.
- This can be replaced by cable lateral raise.

## Reverse Pec Deck Fly



Reverse Pec Deck Fly

- Pulling back, then pulling the two handles together in front of the chest.
- Gradually expand the range of motion as the muscles become stronger.
- Hold the handles at the ends of the range of motion.

## Dumbbell Fly



Dumbbell Fly

- An exercise for the chest muscles. It works the pectoralis major and minor muscles.
- Lying on the machine, hold the dumbbells with the palms facing each other.
- Keeping the upper arm close to the body, lift the dumbbells out to the sides, parallel to the floor.
- Slowly lower the dumbbells.
- This can be replaced by cable fly.

The more exercise you do, the more you will see the results. Here are some tips to help you get more results and muscle growth.

**If you come here and you feel like it, then we give it a few calendars to increase your muscles quickly. Below is a calendar for you.**

Standard muscle mass increases with time, and we will see it in 10-12 weeks of training.

Each calendar should be done once a day for a muscle group. If you are a beginner, you should do it twice a day.

- Do the exercise with the correct form. It is important to keep the back straight.
- Do the exercise with the correct weight. It is important to keep the weight light.
- Do the exercise with the correct number of reps. It is important to keep the reps low.

Each calendar should be done once a day for a muscle group. If you are a beginner, you should do it twice a day.

## Calendar of strength with Isolation week 1-5:

Perform each of the three rounds, each of which will help you to build up to the next.



Bicep Curl



Tricep Extension



Chest Fly



Shoulder Press

OK, here you are, then the practice has ended. You can do 2 hours of practice. If you have time, you can do a little more. You can do a little more, then you can do a little more.



## LINK

- Biceps
- Triceps
- Chest
- Shoulders

## Base No.1

Address: 48 Bridge St, London, UK  
Phone: 020 7 123 4567

## Base No.2

Address: 100 W. 10th St, New York, NY  
Phone: 212 123 4567

## Base No.3

Address: 201 W. 10th St, New York, NY  
Phone: 212 123 4567

## Hot Line

1 800 123 4567



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Project Team (1 Team)

### Example 3: NUTRITION



**TRIM-GYM**

Home • About Us • Adults • Teens • Schedule • Pricing • Contact Us [Try Regular](#)

# GET BACK TO FEELING ENERGIZED

We help you lower the aches and pains through our holistic health, fitness & nutrition programs using 1-on-1, semi-private and online training for adults & teens, led by knowledgeable trainers in a place you'll call home.

## NUTRITIONAL FOOD



Education in the body is always war, more and more specifically for the new 21st century, oriented towards knowledge in particular and about body building or savings in general is very limited in its attitude. Only now the new machine was in both thinking and step by step help you change the habits of eating and drinking for the work life.

There is one last point to consider: the more we depend on being secure, change is happening, but we are not at all determined to change. So, the more we have to change, the more we resist. And that is how it works. We are able to do things that we do not want to do, but we do not want to do them. The first step is to change your mind. The second step is to change your behavior. The third step is to change your mind. The fourth step is to change your behavior. The fifth step is to change your mind. The sixth step is to change your behavior. The seventh step is to change your mind. The eighth step is to change your behavior. The ninth step is to change your mind. The tenth step is to change your behavior. The eleventh step is to change your mind. The twelfth step is to change your behavior. The thirteenth step is to change your mind. The fourteenth step is to change your behavior. The fifteenth step is to change your mind. The sixteenth step is to change your behavior. 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The seventy-eighth step is to change your behavior. The seventy-ninth step is to change your mind. The eightieth step is to change your behavior. The eighty-first step is to change your mind. The eighty-second step is to change your behavior. The eighty-third step is to change your mind. The eighty-fourth step is to change your behavior. The eighty-fifth step is to change your mind. The eighty-sixth step is to change your behavior. The eighty-seventh step is to change your mind. The eighty-eighth step is to change your behavior. The eighty-ninth step is to change your mind. The ninetieth step is to change your behavior. The ninety-first step is to change your mind. The ninety-second step is to change your behavior. The ninety-third step is to change your mind. The ninety-fourth step is to change your behavior. The ninety-fifth step is to change your mind. The ninety-sixth step is to change your behavior. The ninety-seventh step is to change your mind. The ninety-eighth step is to change your behavior. The ninety-ninth step is to change your mind. The hundredth step is to change your behavior.

**Carbonhydrate - Protein - Fat**

**Warning: Do Not** Use as the Only Source of Nutrition. Do not use as a meal replacement. Do not use as a source of protein. Do not use as a source of fiber. Do not use as a source of vitamins and minerals. Do not use as a source of calcium. Do not use as a source of iron. Do not use as a source of potassium. Do not use as a source of magnesium. Do not use as a source of zinc. Do not use as a source of copper. Do not use as a source of manganese. Do not use as a source of selenium. Do not use as a source of chromium. Do not use as a source of molybdenum. Do not use as a source of vanadium. Do not use as a source of boron. Do not use as a source of nickel. Do not use as a source of cobalt. Do not use as a source of iodine. Do not use as a source of fluorine. Do not use as a source of phosphorus. Do not use as a source of sulfur. Do not use as a source of carbon. Do not use as a source of oxygen. Do not use as a source of hydrogen. Do not use as a source of nitrogen. Do not use as a source of argon. Do not use as a source of neon. Do not use as a source of helium. Do not use as a source of krypton. Do not use as a source of xenon. Do not use as a source of radon. Do not use as a source of francium. Do not use as a source of actinium. Do not use as a source of protactinium. Do not use as a source of thorium. Do not use as a source of uranium. Do not use as a source of neptunium. Do not use as a source of plutonium. Do not use as a source of americium. Do not use as a source of curium. Do not use as a source of berkelium. Do not use as a source of californium. Do not use as a source of einsteinium. Do not use as a source of fermium. Do not use as a source of mendelevium. Do not use as a source of nobelium. Do not use as a source of lawrencium. Do not use as a source of rutherfordium. Do not use as a source of dubnium. Do not use as a source of seaborgium. Do not use as a source of bohrium. Do not use as a source of hassium. Do not use as a source of meitnerium. Do not use as a source of darmstadtium. Do not use as a source of roentgenium. Do not use as a source of copernicium. Do not use as a source of nihonium. Do not use as a source of flerovium. Do not use as a source of livermorium. Do not use as a source of tennessine. Do not use as a source of oganesson.

**Protein:** This is a very important nutrient for the development of muscle protein. A comment in the muscle building info blog, "need to eat 250 grams? No, at most, the needs of the body, but a build-out low-meat low-fat to maintain health and maintain athletic performance."

Out. This is both a matter of a few hours, you are not, they should not get out, need for a moment for  
 however it is a few hours, you are not, they should not get out, need for a moment for  
 a small amount of time, you are not, they should not get out, need for a moment for

### Why increase or lose weight

[illegible]

### Change eating habits

[illegible]

Explain the importance of mental health and how it affects people. Think that a lot of people have a mental health problem. A person has a mental health problem if they have a problem with their mind, thoughts, feelings, and behavior. Mental health problems can affect a person's ability to think, feel, and act. Mental health problems can also affect a person's ability to get along with others. Mental health problems can be caused by many things, including genetics, environment, and life events. Mental health problems can be treated with therapy, medication, and support groups. Mental health problems are not a weakness or a failure. They are a part of being human. Mental health problems can be managed and a person can live a full and happy life.



Superior Industries

Only on the website of *Journal of Interpersonal Violence* is a 14-hour course on the generations online. It can be accessed at <http://www.jivonline.com>. I encourage you to do this course, as it is good for everyone.



**Link only:** [link](#)

Drink plenty of water, drink water whenever possible, maintain a flow of water in the body that will be good for you. You will understand it as you go. All through it, say, I'm sorry.

Let me clarify, vegetables is just a reference and they are used to represent an abstract idea, and vegetables have a specific idea, but this idea is not the truth for it is too broad.

### Eat for every purpose

But to gain weight, you have to "find" your "weight." It's a way for you to get out of the mud, the bottom, the muck, before you get to the shore, you now have to permit things to happen in the swamp, but when you find the problem lies in your shoulders, it's hard to make a diet that works a weight gain.



பிள்ளை - 0.25%

Let's face it: whether you're an expert or have little or no experience, it's not hard to fall a little less than it seems when it comes to studying your way for the best of results. And it's not hard to fall off your feet, *literally*. In the first few months you won't know how to study, but don't worry. In time, you'll learn the right way to study, and you'll find your own study method. You'll know you're on the right track when you see the results. So don't worry about it. You'll know when you're on the right track.

**Dr. Henry Iltis** says we need to use more science than the present, so a just use the method of the trial, you should study the problem as a law, and reduce the amount of each and last, as a law, with the problem to the simple?

**Food supplements: should or should not?**

During the 2 months, we did not generally detect a need to use energy supplements in your work. If this number appears to be above the level of your own ability, you may have a health condition. As mentioned above, I am not a doctor, so I cannot diagnose. Many Americans (1/3 of people) do not maintain a healthy and an imbalanced body system can cause a person to have a poor body. If you are 110 lbs or 110 lbs or 110 lbs, you can lose the Super-Adrenaline effect and lose the ability to hold up your body. In the end, it is a matter of choice.



Music & Mass Culture



MAN TING-CHIA



116



Super Active NEO

**Conclusion:** Two months is not long, but you have to try to complete this program. At the initial level, this article gives you the surprise look at nutrition in bodybuilding. You just need to pay attention to it so that you will not be so overwhelmed with the information presented and apply that to your own goals for bodybuilding. Keep the next and give it all a good one goal in the other learning programs.

### LINK

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [YouTube](#)

### Base No.1

Address: 1800 Bridge St., Fairfax, VA 22030, USA  
Phone: 01105776

### Hot Line

1800.1666

### Base No.2

Address: 1805 N. 24th St., Arlington, VA 22202, USA  
Phone: 011703422

### Base No.3

Address: 1201 E. 4th St., New York, NY 10003, USA  
Phone: 011212400





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Example 4: GALLERY

TRIM-GYM

Home About Us Club Trainer Schedule Library Contact Us

Try Register

ARE YOU READY TO **TRANSFORM?**




**"MASS PLANNING"**  
PERSONAL TRAINING PLANS | COMPLETE TAILORED NUTRITION COACHING  
PRIVATE ONLINE MEMBERS AREA | 1-ON-1 COACHING AVAILABLE 24/7

**THE 56 DAY CHALLENGE™**

CREATING PHYSIQUES

Adam Gethin

### Gallery Gym



**LINK**

- Recruitment
- Feedback
- How to Use
- Privacy Policy

**Base No.1**

Address: 48 Bridge St, Nashua, NH 03060, USA  
Phone: 1524653798

**Base No.2**

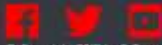
Address: 5500 W. 2456, US-10, Ludington, MI 49431, USA  
Phone: 907654321

**Base No.3**


Address: 228 Park Ave, New York, NY 10017, USA  
Phone: 908337465


**Hot Line**


1800-18666




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### 3.7 UX 7 – CONTACT US

TRIM-GYM

Home About Us Club Trainer Schedule Library Contact Us Try Register

LET US HELP  
SPREAD THE  
COSTS

GET QUALIFIED FOR LESS  
WITH 0% FINANCE

ActiveIQ

XXX  
REPs

0%  
FINANCE

CONTACT US FOLLOW:

Enter your name

Enter telephone

Enter email

Select Trym-Gym's branch:

Comment

Send

Reset

Base No.1

Base No.2

Base No.3

45 Bridge St

45 Bridge St, Nashua, NH 03060, Hoa  
Kỳ

Xem bản đồ chi tiết

LINK

Recruitment

Feedback

How to Use

Privacy Policy

Base No.1

Address: 45 Bridge St, Nashua, NH 03060, USA

Phone: 132463798

Base No.2

Address: 5500 W. 2496, US-10, Livingston, MI 49031, USA

Phone: 810644321

Base No.3

Address: 228 Park Ave, New York, NY 10017, USA

Phone: 192837465

Hot Line

1800-1666

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CMG ASIA

MAKING LIFE BETTER



### 3.8 UX 8 – TRY REGISTER

The screenshot displays the TRIM-GYM website with a 'Try Register' form overlay. The form is titled 'Try Register' and includes a sub-header 'Come to Try-Gym! It's a free consultation with a personal trainer and a free trial session.' Below this, there are two bullet points: '12-Week Program Free' and '12-Week + 12-Week trial with the option 25%'. The form contains input fields for 'Enter your name', 'Enter telephone', and 'Enter email'. A dropdown menu for 'Select Trym-Gym's branch:' is also present. At the bottom of the form are 'Send' and 'Reset' buttons. A red banner with the text '1800-1666' is visible on the right side of the form. The background of the website shows a muscular man and a map of the gym's location. The footer includes a 'LINK' section with links to 'Home', 'About Us', 'Club', 'Trainer', 'Schedule', 'Library', 'Contact Us', and 'Try Register'. It also lists three gym bases with their addresses and phone numbers, a 'Hot Line' section with the number '1800-1666', and social media icons for Facebook, Twitter, and YouTube. The footer also features logos for 'CALIKIDS ACADEMY', 'CMG ASIA', and 'UFC GYM'.

**TRIM-GYM** Home About Us Club Trainer Schedule Library Contact Us Try Register

**LET US SPREAD COSTS**

**Try Register**  
Come to Try-Gym! It's a free consultation with a personal trainer and a free trial session.

- 12-Week Program **Free**
- 12-Week + 12-Week trial with the option **25%**

Enter your name  
Enter telephone  
Enter email

Select Trym-Gym's branch:

**Send** **Reset**

**1800-1666**

**LINK**

- Home
- About Us
- Club
- Trainer
- Schedule
- Library
- Contact Us
- Try Register

**Base No.1**  
Address: 48 Bridge St, Nauchia, NY 10005, USA  
Phone: 512485798

**Base No.2**  
Address: 3300 W. 34th St, St. Louis, MO 63108, USA  
Phone: 987654321

**Base No.3**  
Address: 228 Park Ave, New York, NY 10017, USA  
Phone: 555123456

**Hot Line**  
**1800-1666**

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**CALIKIDS ACADEMY** **CMG ASIA** **UFC GYM**

### 3.9 UX 9 – FEEDBACK

TRIM-GYM

[Home](#) [About Us](#) [Club](#) [Trainer](#) [Schedule](#) [Library](#) [Contact Us](#) [Try Register](#)

*" Your feedback is motivation  
for us to improve ourselves "*

Please contact us from time to time :  
+ Monday to Friday : 9am - 6pm  
+ Saturday : 9am - 6pm  
We will respond to you after 24 hours  
with the most dedicated and professional  
service.  
Thank you so much !

HOTLINE

No1

0906 945 152

No2

0965 380 168

No3

0962 742 121

YOUR FEEDBACK

Send

Reset

LINK

- Recruitment
- Feedback
- How to Use
- Privacy Policy

Base No.1

Address: 4B Bridge St, Nashua, NH 03060, USA  
Phone: 152465709

Base No.2




Address: 5500 W. 2436, US-10, Ludington, MI 49431, USA  
Phone: 987654321

Base No.3





Address: 22B Park Ave, New York, NY 10017, USA  
Phone: 160337465

Hot Line

1800-1666



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Fitness center Trim-Gym.



### 3.10 UI 10 – RECRUITMENT



#### MANAGEMENT STAFF

Job Title: Management Staff

Job ID: 1000000000000000

##### JOB DESCRIPTION

Responsible for managing the overall operations of the company, including financial, administrative, and strategic planning.

##### REQUIREMENTS

• Bachelor's degree in Business Administration or related field  
• 5+ years of experience in management roles

##### RESPONSIBILITIES

• Develop and implement strategic plans  
• Monitor financial performance and budget  
• Manage human resources and organizational development

##### QUALIFICATIONS

• Bachelor's degree in Business Administration or related field  
• 5+ years of experience in management roles  
• Strong leadership and communication skills  
• Excellent analytical and problem-solving abilities



#### MEMBERSHIP CONSULTANT

Job Title: Membership Consultant

Job ID: 1000000000000000

##### JOB DESCRIPTION

Responsible for recruiting and managing gym members, providing information about gym services and programs.

##### REQUIREMENTS

• Bachelor's degree in Business Administration or related field  
• 2+ years of experience in sales or customer service

##### RESPONSIBILITIES

• Develop and implement marketing strategies  
• Monitor membership trends and revenue  
• Manage customer relationships and retention

##### QUALIFICATIONS

• Bachelor's degree in Business Administration or related field  
• 2+ years of experience in sales or customer service  
• Strong communication and interpersonal skills  
• Excellent organizational and time management abilities



#### PERSONAL TRAINER

Job Title: Personal Trainer

Job ID: 1000000000000000

##### JOB DESCRIPTION

Responsible for providing personalized fitness programs and guidance to clients, ensuring they achieve their fitness goals.

##### REQUIREMENTS

• Bachelor's degree in Exercise Science or related field  
• 2+ years of experience as a personal trainer  
• Strong knowledge of anatomy and exercise science  
• Excellent communication and motivational skills

[illegible]

### 3.11 UI 11 – HOW TO USE



## INTRODUCE

Notwithstanding to whom you may have assigned or assigned your interests, you agree to the terms and conditions of the agreement. The terms of the terms and conditions of the CPE may be subject to change, modify, supplement or otherwise be provided in the form of conditions of use by the end user. Modifications to the terms and conditions of use (which constitute, and pertain to the use of, your name, name, photograph, or other data after the change) is hereby not limited to the terms and conditions of use, but may be subject to the terms and conditions of use.

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## 1. GUIDANCE FOR USE

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the guard job. I intend to use Parole for the purpose of dragging out the job, until the prison had exhausted its resources.

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## 2. ACCEPTANCE OF GOODS AND PRICE

We may request you to increase your address verification number and email address security by using 16 or more characters. We are committed to providing the best possible user experience and protecting your data. In the case of any error, we will contact you directly to resolve the issue or delete your data.

[illegible]

### 3. INTELLECTUAL PROPERTY RIGHTS

[illegible]

#### 4. CONFIDENTIALITY

The website requests that visitors not use their e-mail address to post comments or questions. They also advise that by posting comments on the site you are consenting that you make certain use of and to the site itself. They also request that visitors not post comments that are abusive or defamatory or that contain obscene or vulgar material. The website also requests that visitors not post comments that are defamatory, libelous, obscene, vulgar, or otherwise illegal or that violate applicable laws. The website also requests that visitors not post comments that are defamatory, libelous, obscene, vulgar, or otherwise illegal or that violate applicable laws.

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[illegible]

TRANSACTION LINKS of Trim-Gym

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Table 1. The number of cases of acute myocardial infarction (AMI) occurring during days of the week (1998-2000)

Notes: (1) The 1000 bootstrap samples were generated using the original survey data and randomly selected 1000 working days from the type of working day under consideration, and randomly selected 1000 days from the type of working day that was not under consideration. (2) The 1000 bootstrap samples were generated using the original survey data and randomly selected 1000 working days from the type of working day that was not under consideration, and randomly selected 1000 days from the type of working day that was under consideration.

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## 7. CHANGES, CANCELLATION, TERMINATION AT TRADEMARK

If you are not satisfied after 90 days or if it turns out that your complaint is unfounded, we will refund your fee less our administrative costs.

Researcher's note: The procedures followed in this study are given in additional detail in the appendix available at <http://www.sagepub.com/journalsPermissions.nav>. A description of information in this form is located at the bottom of each page under the heading "Additional Information."

## 8. GOVERNING LAW AND JURISDICTION

8. GOVERNING LAW AND JURISDICTION

LINK

[Base No.1](#)  
[Base No.2](#)  
[Base No.3](#)

Hot Line

 03-2700-1000  
 @yamanaka2014  
 yamanaka2014





#### 4. Summary

With the requirements of the project, the team needs to build a website with many pages that containing the necessary information, including 16 pages and assignment to project team members responsible for each page as bellow:

ID	Item	Details (Wiki)	Responsible
1	Navigation bar and Footer	About the links of the pages of the website. Introduce the address and phones of the center, other publics.	Nguyen Thanh Tung
2	Home Page	About the services of the center of the famous coaches and students	Hoang Van Quynh
3	About Us Page	Introduce the history of the center	Hoang Van Quynh
4	Club Page	Introduce the headquarters of the center	Hoang Van Quynh
5	Trainer Page	Introduce famous trainers and celebrities who have practiced here	Hoang Van Quynh
6	Schedule Page	Introduce training schedule (back end about trainer's worktime)	Nguyen Thanh Tung
7	Library Page	Introduce Cardio, Muscle, Nutrition and Gallery of TRIM-Gym	Duong Tuan Linh
8	Contac Us Page	Customers send information for consultation	Duong Tuan Linh
9	Try Register Pop-up	Customers register trial	Nguyen Thanh Tung
10	Recruitment Page	Recruit relevant positions	Nguyen Thanh Tung
11	Feedback Page	Customer messages	Nguyen Thanh Tung

12	Privacy Policy Page	Respect and are committed to protecting the privacy of our customers	Nguyen Thanh Tung
13	How to use Page	Conditions of use	Nguyen Thanh Tung